

# *May Day on the Loop*



*Family Fun and Fitness Day*

*Saturday May 5*

*10 am to 2 pm*

**Begins and Ends at Bedford Memorial Hospital**

**Walk "The Loop" and join in the free fun:**

- **Health Screenings, Information**
- **Fitness Activities, Games**
- **Sports Clinic, Yoga, Zumba**
- **Bicycle Rodeo, Safety Check**
- **Disc Golf, Basketball Shootout**
- **Tips on Healthy Eating, Gardening**
- **Emergency Vehicles, Door Prizes**
- **And much, much more!**

**[www.energizebedfordva.org](http://www.energizebedfordva.org)**